

Youth Fitness

YOUTH FITNESS



This youth fitness class will emphasize exercise, activities, and sports. Basketball, indoor soccer, shuttle run, tag, calisthenics, and other group games will all be incorporated. This class must have at least 10 youth to run and a maximum of 24. So please register in advance. Classes fill up fast!!

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Gymnasium

Activity#	Date	Day	Time	Age	Sessions
4650.101	1/4-1/27	M/W	4pm-4:45pm	7-10yrs	8
4650.102	2/1-2/24	M/W	4pm-4:45pm	7-10yrs	8
4650.103	3/1-3/24	M/W	4pm-4:45pm	7-10yrs	8
4650.104	4/5-4/28	M/W	4pm-4:45pm	7-10yrs	8

Resident: \$60 / CRC Member: FREE

Non-Resident: \$70 / CRC Member: FREE

FAMILY YOGA



(Parents, 6 months+)

This class promotes involvement of mothers-to-be, parents with their toddlers and is designed to offer a unique opportunity for parents and children to develop a relationship and bond. The elements of yoga will be implemented and modified for both parents and children who are participating in this class.

Instructor: Amy McElroy

Location: Centennial Recreation Center

Activity#	Date	Day	Time	Age	Sessions
4690.105	1/5-1/26	T	9:30am-10am	6months+	4
4690.106	2/2-2/23	T	9:30am-10am	6months+	4
4690.107	3/2-3/23	T	9:30am-10am	6months+	4
4690.108	4/6-4/27	T	9:30am-10am	6months+	4

Resident: \$25 / CRC Member: FREE

Non Resident: \$30 / CRC Member: FREE

MINI ME FITNESS



This program incorporates cardio-respiratory fitness class for children 3-6 years old. We will be encouraging, motivating and engaging in all forms of fitness activities that will keep their feet moving and hearts beatin' to the beat. Exercise isn't just for the parents, it's also for mini me's!! We'll emphasize motor learning movements, group activities, obstacle courses and some fun ways to make exercise exciting. (Must have 10 registered to have class)

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Gymnasium

Activity#	Date	Day	Time	Age	Sessions
4650.105	1/4-1/27	M/W	3pm-3:45pm	3-6yrs	8
4650.106	2/1-2/24	M/W	3pm-3:45pm	3-6yrs	8
4650.107	3/1-3/24	M/W	3pm-3:45pm	3-6yrs	8
4650.108	4/5-4/28	M/W	3pm-3:45pm	3-6yrs	8

Resident: \$50 / CRC Discount: FREE

Non-Resident: \$60 / CRC Discount: FREE

YOGA



Yvonne Bannister is qualified, certified and trained in the instructional art of yoga. This is a class complete with instructional techniques on yoga, proper breathing, form, posture, breathing, and poses.

Instructor: Yvonne Bannister

Location: Cultural and Community Center, Mira Monte Room

Activity#	Date	Day	Time	Age	Sessions
4690.101	1/5-1/26	T	6:30pm-7:25pm	8yrs+	4
4690.102	2/2-2/23	T	6:3pm-7:25pm	8yrs+	4
4690.103	3/2-3/23	T	6:30pm-7:25pm	8yrs+	4
4690.104	4/6-4/27	T	6:30pm-7:25pm	8yrs+	4

Resident: \$45.00 / CRC Member: FREE

Non Resident: \$55.00 / CRC Member: FREE

PICTURES & VISIT WITH THE EASTER BUNNY

Come, visit and get a Polaroid picture with the Easter Bunny. Face painting, balloons and an art project will be provided by the Youth Action Council. Personal cameras are allowed.

Location: Centennial Recreation Center, Lobby Area

Activity #	Date	Day	Time	Age	Sessions
4280.101	4/1	TH	5pm-7pm	ANY	1

Fee: \$15 resident/\$20 non-resident per child

